

EXPLORE!



Family Ecuador and the Galapagos Adventure 14 days

Ecuador - Trip code FGE

Family Ecuador and the Galapagos Adventure

On this trip we combine a visit to the Enchanted Isles of the Galapagos with the main highlights of Ecuador. Explore the 'Avenue of the Volcanoes', ride on the 'Devil's Nose' railway, visit the colonial city of Quito and barter for goods at the colourful market in Otavalo. Furthermore, we search for wildlife not just in Amazonia but also the Galapagos with wildlife and natural wonders not found elsewhere in the world, visiting Santa Cruz, Isabela, North Seymour and Baltra Islands.

Trip highlights

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

TRIP PACE:

Moderate

Moderate pace tours are ideal if you want a holiday which combines exciting activities and experiences with plenty of time to relax and unwind. Typically you'll be active and busy for part of the day but then also have time to rest and recharge your batteries.

GROUP SIZE:**10 - 16**

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join tour in Quito and drive to Otavalo

Arrive Quito and drive for a few hours to Otavalo which is one of South America's most important areas for cultural artefacts where we check-in at hotel. Please note; there are two transfers that can be offered today, one in the late morning and the other in the late evening to allow this service to be offered on most flight arrival times.



Accommodation: Hostal Riviera Sucre (or similar)



Standard Hotel



Meals Provided: None

DAY 2 - Otavalo Market and visit to Peguche, famed for its weaving

The regular market attracts traders and artisans from as far away as Peru and Bolivia. The Otavalenos proudly display their traditions and heritage for all to see and their market is a rich confusion of goods and styles from right across the region, with jewellery, rugs, woven linen bags, woodcarvings and leather goods all on display throughout the town. Following the Pan Americana Highway (which was planned to run from Alaska to the southernmost tip of South America) we then head north towards the indigenous village of Peguche which is famed for its local families who play traditional Andean music using self-made panpipes. We will also stop and visit one of the musician's families.



Accommodation: Hostal Riviera Sucre (or similar)



Standard Hotel



Meals Provided: Breakfast & Lunch

DAY 3 - Tour of Quito's highlights and afternoon cooking lesson

We visit the Equator line, stopping off at the 'Middle of the World' to visit the interesting Solar Museum at Inti Nan. The wonderfully entertaining museum includes scientific experiments such as the effects of spiralling water in different hemispheres and the balancing of eggs on nails. We then travel back to the capital in the afternoon where we include a walking tour of Quito which is the second highest capital city in Latin America and perched high in the Andes at 9,350 feet. One of South America's most beautiful cities, Quito lies in a narrow valley at the foot of Pichincha volcano and is surrounded by extinct volcanoes. The fascinating UNESCO Heritage Site of the Old Town, with its rich blend of colonial architecture, imposing churches and bustling local markets, makes for a stunning introduction to Ecuador. We visit some of the main sights, including the Plaza de la Independencia, the cultural heart of the colonial city, and La Compania church with its magnificent gilded altars, walls and ceilings. Later this afternoon we try out a cooking class in a restaurant in the old town with the whole group learning how to prepare a traditional meal for dinner

this evening.



Accommodation: Hotel Plaza Sucre (or similar)



Standard Hotel



Meals Provided: Breakfast & Dinner

DAY 4 - Visit Cotopaxi and Machachi via the Avenue of the Volcanoes

Our journey today takes us south through some of the most impressive mountain scenery in the entire country and into the landscapes so aptly described as the 'Avenue of the Volcanoes'. En route to Machachi, we drive into the spectacular Cotopaxi National Park where we shall see one of the world's highest active volcanoes. Cotopaxi is Ecuador's second highest mountain and has a classic volcanic cone that rises to an imposing 5,897m from the valley floor below (higher than Everest Base Camp!). Please note that we may not be able to visit the Cotopaxi National Park if the level of alert changes from green based upon a danger of an eruption. If this is the case, we would make alternative arrangements. There is the option to try out the canopy experience - a transportation system of harnesses and pulleys that was once used by scientists and allows you into close contact with this amazing ecosystem from a very unusual angle.



Accommodation: Hosteria Pampa Llacta (or similar)



Standard Hotel



Meals Provided: Breakfast, Lunch & Dinner

DAY 5 - Drive to Amazonia, our base for the next two nights

This morning we drive to Misahualli and the Amazon Region along the same route taken by the Spanish conquistador, Francisco de Orellana, who in 1542 crossed a pass in the Andes mountains before dropping down to the Amazon basin. The rainforest lodge that we stay in is an ideal place to experience the local wildlife and has a whirlpool to relax in after the days events. After Lunch at the Lodge we go for a walk with a native guide who will explain the typical plants of this area and their daily use. During the hike we will pass through a labyrinth of high rocks with caves and amazing vegetation.



Accommodation: Jardin Aleman (or similar)



Standard Lodge



Swimming pool available



Meals Provided: Breakfast, Lunch & Dinner

DAY 6 - Explore Amazonia by canoe searching for wildlife

After breakfast, we depart the lodge for a canoe trip on the Misahualli and Napo River to the protected forest of Misicocha where we go for a walk in the forest. Admire the extraordinary flora and the exotic sounds of the primary rainforest. If we are lucky, we might see toucans, parrots and small monkeys. The local guide will explain the flora and fauna of the Amazon Region including plants that are the basis for many medicines. Then we will get back in the canoe and ride upstream to visit the Indian village of Muyuna and found out how to prepare 'chicha', a fermented yuca drink. Finally, we continue our canoe ride to visit a local witch-doctor. Learn about the medicinal plants, see a cleaning ceremony and experience the blow pipe, a traditional form of hunting. Return to the Lodge by canoe.



Accommodation: Jardin Aleman (or similar)



Standard Lodge



Swimming pool available



Meals Provided: Breakfast, Lunch & Dinner

DAY 7 - Travel the waterfall route to Banos, the gateway to the central highlands

Crossing from the Amazon Jungle to the Highlands we will drive through the 'Avenue of Waterfalls'. We'll stop to visit the Pailon del Diablo waterfall (the Devil's Cauldron), considered by many to be the most beautiful in the area. If the weather is clear, Tungurahua presents a stunning backdrop to the scene and allows for the opportunity to look down onto the whirlpool of foaming water below. Continue onto Banos, located in the central highlands and surrounded by waterfalls, thermal springs, deep gorges and volcanoes. The setting is spectacular, spend the afternoon relaxing in one of the towns hot thermal pools overlooking the mighty Tungurahua Volcano, hire a mountain bike to explore many of the off road trails for a couple of hours or take an optional horseback ride in the surrounding countryside.



Accommodation: Hostal Posada J Banos (or similar)



Standard Hostel



Meals Provided: Breakfast

DAY 8 - Travel on the 'Devil's Nose' Train to Alausi before continuing to Guayaquil on the Pacific coast

Leaving early this morning we take the bus to Alausi and then the train on to Sibambe, which is inaccessible by road. The train is basically like a bus body mounted on rail wheels - this is currently the only way of travelling on the 'Devil's Nose' route and is a triumph of engineering. From Alausi, the track drops 800m down a ridge and into the gorge of the Río Chanchan. This almost sheer descent, known as the 'Devil's Nose', was achieved by building a series of switch backs, making it one of the most exciting train rides in the world. The train returns to Alausi where we re-join our bus and travel in the afternoon on to Guayaquil. The largest city in Ecuador and its principal port, Guayaquil is a bustling and lively city where you can wander through the old district of Las Penas, an area of cobbled streets, painted houses and cafes where you can sit and watch the world go by.



Accommodation: Hotel Doral (or similar)



Standard Hotel



Meals Provided: Breakfast

DAY 9 - Fly to the Galapagos. Stay at Puerto Ayora on Santa Cruz Island

Today we fly to the Galapagos island of Santa Cruz, our gateway to the wonders of the Galapagos, an isolated chain of volcanic islands supporting a distinct and unique flora and fauna, including prehistoric creatures found nowhere else on earth. There are also several species of turtle, which come ashore to mate as well as up to three quarters of a million seabirds that flock to the islands, including blue footed boobies, frigate birds, pelicans, cormorants, albatross and petrels. Most out of place of all the animals on the equator though is perhaps the penguin. Only 35cm tall, the Galapagos penguin can be seen swimming among tropical mangroves, whilst offshore it is common to see dolphins, sea lions and fur seals playing in the water. With our hotel base on the highlands, we travel through this area where we stop at Los Gemelos (The Twins), which are two pit craters of empty magma chambers that have collapsed in on themselves due to the weight of the overlying rocks. We also visit a ranch which is home to some Giant Tortoises that

roam around the area before heading down to Puerto Ayora harbour where we have time to relax, have lunch and explore the town.



Accommodation: Casa Natura Galapagos Lodge (or similar)



Standard Lodge



Meals Provided: Breakfast & Lunch

DAY 10 - Speedboat to Isabela Island with an visit Wetlands and Tortoise Breeding Centre

This morning we leave Santa Cruz and journey west by speedboat, crossing the open waters to nearby Isabela Island where we will spend the night. The largest of the Galapagos Islands, Isabela is formed from five volcanoes, of which two are still active. An idyllic paradise of white sand beaches and swaying palms, it is home to the second largest caldera on earth and the highest point in the archipelago. We base ourselves in the small town of Puerto Villamil on the southern coast. On arrival we intend to visit the Arnaldo Tupiza breeding centre, approximately a 1.5km walk from Puerto Villamil. The walk itself is a nature experience through the wetlands, where you may see heron, flamingos and many other bird species as well as iguanas, lizards, crabs and other creatures. Once in the centre you will learn an impressive amount about the background of the famous Galapagos turtle, and the centre's aims to restore their numbers and release them back onto the islands.



Accommodation: Hostel Gran Tintorera (or similar)



Standard Hotel



Meals Provided: Breakfast

DAY 11 - Walking and snorkelling excursion before taking the speedboat back to Santa Cruz, visit the Charles Darwin Station

This morning we take a small boat to the nearby Tintoreras Islands - these are formed from the lava flows from volcanoes and are fantastic for viewing wildlife. As we walk around we may see a vast array of bird life and an abundance of famous marine iguanas (only found in the Galapagos) whilst in the water, giant turtles, Galapagos penguins and sea lions may be swimming around. We snorkel around the area giving a great opportunity to view the wildlife up close (snorkelling equipment is provided). An asset to the incredible diversity and unique qualities of the wildlife on these islands is their complete acceptance of our presence, making it possible to view birds, reptiles and mammals from as close as a few feet away. We may also have the chance to visit a tortoise breeding centre before taking the boat back to Puerto Ayora on Santa Cruz Island. On arrival head directly to visit the nearby Charles Darwin Research Station which has been responsible for conservation projects within the islands since 1959 (the centenary of the publication of Origin of the Species). During our time here we can learn more about the unique collection of animal and plant life that resides here. Depending on time we will also take a walk to Tortuga Bay where we have the opportunity to discover one of the most spectacular beaches of the entire chain, and an important turtle nesting ground.



Accommodation: Casa Natura Galapagos Lodge (or similar)



Standard Lodge



Meals Provided: Breakfast & Lunch

DAY 12 - Full day excursion to North Seymour Island

North Seymour Island is a natural haven for some of the most sought after residents in the Galapagos Islands, the Blue-Footed

Boobie. Located immediately north of Baltra Island, we head to the jetty after breakfast to board our craft for the short cruise to North Seymour. On disembarkation we have a full day to explore the island. A nature trail meanders leisurely through large colonies and nesting ground for Blue Footed Boobies and Frigate Birds with their red chests puffed out. It should also be possible to view land and marine iguanas, sea lions and pelicans. Depending on the time of year, North Seymour is an excellent place to witness the thrilling mating rituals Blue Footed Boobies are famous for, normally taking place between June and August. Just off shore you can often witness Sea Lions riding the crashing waves all the way into shore. Depending on timings there should also be the opportunity to snorkel from the beach before heading back to Santa Cruz Island and our lodge.



Accommodation: Casa Natura Galapagos Lodge (or similar)



Standard Lodge



Meals Provided: Breakfast & Lunch

DAY 13 - Bus and ferry back to Baltra Island and fly to Guayaquil

We travel across the roof of the island by bus back to Itabaca Channel and catch the ferry to Baltra Island. We leave the Galapagos behind and fly back to Guayaquil where we stay overnight.



Accommodation: Hotel Doral (or similar)



Standard Hotel



Meals Provided: Breakfast

DAY 14 - Free day in Guayaquil

The day is free in Guayaquil with a number of options to choose from, please refer to the optional excursions section of the trip notes for full details. Transfer to the airport where the tour ends.



Meals Provided: Breakfast

Family information

Minimum age

7



Why book this trip

This adventure is designed for families who want to explore one of the most unique wildlife concentrations in the world. Ecuador allows for a unique country of discovery for any family that is interested in the South American culture and its traditions in a country that has been more protected by commercialisation than a number of its neighbours. A cultural and nature exploration that the whole family will remember.

What's included?



Included meals

Breakfast: 13
Lunch: 7
Dinner: 4



Transport

Bus
Boat
Flight
On Foot



Trip staff

Explore Tour Leader
Driver(s)
Local Guide(s)
Naturalist(s)



Accommodation

1 nights standard hostel
7 nights standard hotel
5 nights standard lodge

Trip information

Country information

Ecuador Trips

Climate

Temperature ranges are similar all year round. In the highlands: the dry season lasts from June to mid-September. November and December are partially dry. The rainy months are October and from January to May, but showers are short and mostly in the afternoons. Temperatures range from 12°C to 24°C. Nights are cold at altitude (4°C - 10°C). The Coastal Region: from December to May it is hot and wet. From June to November it is generally cool and misty with sudden light showers. Temperatures range from 16°C to 32°C. The Amazon Area: it is humid all year round. Temperatures range from 16°C to 32°C. From April to August the rainfall is heavier. The Galapagos: On the Galapagos, the hot season is January to April with largely sunny days and the possibility of heavy showers; the cool season runs from May to December and is generally more cloudy with much cooler seas. Please note that although it is windier from July to November the sea can be rough at any time of the year. On the mainland the dry season lasts from June to October, though September can be wet.

Time difference to GMT

-5

Plugs

2 Pin Flat

Religion

Roman Catholic

Language

Budgeting and packing

Optional activities

A selection of optional activities are listed below to help you budget for your Family adventure. Whilst the basic tour price you pay before you travel includes a great selection of highlights, we have also built in free time to allow you the flexibility to choose from a carefully selected range of additional excursions and activities or take time to relax, the choice is yours. At certain destinations along the way there may be several options to choose from and it may not be possible to fit all the activities in; your Explore Leader will be able to give advice on which are the most suitable for your family. Cotopaxi National Park: Day 4: High ropes experience - USD \$23 per adult, USD \$19 per child. Minimum 2 people. Please note that bookings are required 24 hours in advance and many of the guides are Spanish speaking only. Day 4: Mountain Biking USD \$30 per person for 2 hours. Banos: Day 7: Horseback riding USD \$35 for two hours plus a small charge for a taxi ride from the hotel to the stables (approx. \$3 each way) Guayaquil: Day 14: City tour USD \$49 per person for a minimum of 2 passengers. Please note that bookings are required 24 hours in advance Day 14: Ecuadorian cocoa plantation. Get picked up from our hotel and transferred to a local cocoa farm. See the nursery of cocoa trees and established cocoa plantation and end up making chocolate from the scratch. USD 145 per person for a minimum of 2 passengers. Day 14: Bird Island tour. Full-day trip starting with a hotel pick up in Guayaquil and taking you to visit the Manglares Isla de los Pajaros (Bird Island) famed for its prolific variety migratory birds. USD \$179 per person for a minimum of 2 passengers.

Clothing

Daytime clothing should be lightweight and loose fitting, but warmer clothing is needed at altitude and at sea, particularly at night, so bring something to wrap up in, including a pair of gloves, hat and scarf. Long-sleeved lightweight clothes are useful for protection against sunburn. Bring a swimsuit, sunhat and a thick sweater or fleece. Lightweight waterproofs are essential.

Footwear

Comfortable walking boots or shoes and trainers or sandals with a good grip. Plastic sandals (not flip flops) are useful for wet landings.

Luggage

20kg

Luggage: On tour

One main piece of luggage and a daypack. Please note, you will need an overnight bag for the two nights on Isabella Island as your main luggage will be stored in your hotel in Santa Cruz.

Equipment

A torch, water bottle, sunglasses, insect repellent, high factor sunscreen, beach towel, waterproof bag for camera, and motion sickness tablets/patches for the boat. If intending to snorkel (which we highly recommend), please take your own equipment.

Tipping

Explore leader

At your discretion you might also consider tipping your Local Tour Leader in appreciation of the efficiency and service you receive.

Local crew

In this area, tipping is a recognised part of life. Some local staff will still look to members of the group for personal recognition of particular services provided. Accordingly, you should allow US\$80.

Local fees

The Galapagos Authorities have introduced the Galapagos Transit Control Card, which each person visiting the Galapagos must have. It costs \$20 and it will be payable before entrance is permitted. Please also note that there is an entrance fee to the Galapagos of US\$100 per person which must be paid individually on arrival in the Galapagos.

Country Information

Ecuador Trips

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£10

Dinner price

£13

Beer price

£1.7

Water price

£1.3

Foreign Exchange

Local currency

USDollar.

Recommended Currency For Exchange

Carry all your funds in U.S. Dollar Cash (NOT Sterling, which is almost impossible to change). The US dollar is the currency used in Ecuador. It is advisable to bring some US\$400 - \$500 of your total spending money in cash, in small denomination notes (in good condition). 100US\$ bills are very difficult to use.

Where To Exchange

Your Tour Leader will advise you on arrival.

ATM Availability

Available in Major towns. Always have some cash as back-up as they are not always reliable

Credit Card Acceptance

Credit cards are useful and can be used in many places, but may be subject to a 10% service charge

Travellers Cheques

Travellers Cheques can be awkward or expensive to change

Transport, Accommodation & Meals

Transport Information

Bus, Boat, Flight, On Foot

Essential information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking

please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa Information

Please note we require a photocopy of your passport 3 month pre departure. It is essential that you provide Explore with a photo copy of your passport at the time of booking, as this will be required in order to confirm accommodation. Ecuador: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. In order for your visa to be granted on arrival, you will be required to show proof of travel insurance valid for the duration of your trip. Please also ensure your passport is stamped with the T3 permit (for 30 or 90 days) on arrival in Ecuador. Other nationalities should consult the relevant consulate. Galapagos Islands: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. USA: (including those in transit) Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done on line - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely to be refused boarding. You must have an electronic passport with a digital chip containing biometric information about the passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover. If you have visited Iraq, Syria, Iran or Sudan since 2011 or are dual nationals of these countries, you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel. Please note for your ESTA application you will be required to supply Point of Contact information. Explore's USA contact information will be listed on your final documentation which you will receive approximately 3-4 weeks before departure. If you are leaving for the USA before this, please call the Explore team to get this information. (Not necessary if in transit) For further information please check out the US embassy website. Visa applications - <http://london.usembassy.gov/niv/apply.html> Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website: <http://www.cic.gc.ca/english/visit/eta.asp> Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Non refundable permits

Ecuador Trips

Vaccinations

We recommend protection against malaria, Tetanus, Infectious Hepatitis, Typhoid and Polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended.. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.
